

SOUTH ALABAMA REGIONAL PLANNING COMMISSION Area Agency on Aging

Mobile

Baldwin

Escambia

JAN
2023



SNAPSHOT

Upcoming Events

Program Spotlight

AAA 2022 Impact Report

Call for Volunteers



Dignity & Independence
for the Disabled, Older Adults
& Their Caregivers



From the Area Agency on Aging Director Julie McGee



February is National Senior Independence Month Let Us Help You Maintain Your Independence

Our Mission is to provide “dignity & independence for the disabled, older adults & their caregivers.” Nothing is more precious to a Senior than having the resources they need to remain in their own home and in their own community!

In February, we celebrate senior independence month to promote the importance of retaining independence. AARP and National Council on Aging studies show maintaining independence ***is the number one concern*** of Seniors.



Our Agency coordinates and offers services in Mobile, Baldwin and Escambia Counties that help older adults and the disabled age with dignity, with support services to make independent living a viable option. Here are some ways we provide help so you can age in place: our ADRC hotline to answer all your questions; health & wellness classes; home and community based services; caregiver support programs; Medicare and prescription assistance; Ombudsman for residents of long-term care facilities; legal counseling; Senior Center lunches and enrichment activities; home delivered meals; and inflation fighting food assistance.

Some Seniors may think that participating in support programs creates dependency, but nothing could be further from the truth! If accessing services helps you pay less for medications, groceries and healthcare, you have a better chance of maintaining your independence. Providing these services benefits the entire community.

Reach out to our Agency and let us assess you for the benefits that you are entitled to. You can contact our ADRC at 251.706.4680 for information on all of our programs and services. Also, you can visit our website at: <https://agingsouthalabama.org/>

Let us help you live in dignity and maintain YOUR independence,

Julie



AREA AGENCY ON AGING IMPACT REPORT

The Area Agency on Aging has released its Fiscal Year 2022 Impact Report. The report demonstrates how the Agency's numerous programs and services have assisted citizens of Mobile, Baldwin and Escambia Counties, and the benefits provided through statewide grants and partnerships.

FY 2022

Impact Results



17,520: 9% ↑

Unduplicated older adults and caregivers served



26

Senior Nutrition Centers

617,748:10% ↑

Hot and Home Delivered Meals

\$2,870,504:8% ↑

Funds Spent on Meals



1,410

Unduplicated Caregivers Receiving Services

198

Caregivers Provided with Respite Services

SHIP



7,161

Received Medicare assistance



62

NHHs/ALFs served by Ombudsman



1,371

Clients served through Medicaid Waiver Program

ANNUAL REPORT

South Alabama Regional
Planning Commission
Area Agency on Aging

ADRC



9,285

Times Assistance Provided

4,628

Unduplicated Callers

RSVP



6,508

Volunteer Hours

197

Volunteers



\$7,482,802

Saved through SeniorRx

6,578

SeniorRx Medications/refills

Benefit Enrollments Through Statewide Partnerships



10,834

Received benefits



\$66,305,169

Total benefits



\$1,824,095

TCE program tax refunds

UPCOMING EVENTS



251.706.4680



aginginfo@sarpc.org



Calendar of Events: <https://agingsouthalabama.org/events/>

FEBRUARY

- ♦ Free TCE Tax Preparation Services in Baldwin and Escambia Counties
Currently, scheduling appointments for sites.

<https://agingsouthalabama.org/wp-content/uploads/2023/01/TaxFlyerUpdatedWeb.pdf>

- ♦ SHIP Medicare Assistance Program Tuesday, February 14 from 10 a.m. – 12:00 p.m.
Mt. Zion Church
- ♦ SHIP Medicare Assistance Program Thursday, February 16 from 10:00 a.m. – 12:00 p.m.
Westminster Village
- ♦ SHIP Medicare Assistance Program Thursday, February 28 from 1:00 p.m. – 3:00 p.m.
Hope Chapel AME Zion Church
- ♦ Caregiver College: Dementia 101 on Wednesday, February 28 from 8:30 a.m. – 2:30 p.m.
Parkway Senior Center

MARCH

- ♦ Dementia Friendly Alabama Memory Café Friday, March 17 from 9:30 a.m. – 11:30 a.m.
at AAA Office/ GM&O Building, 2nd floor Training Room
- ♦ Legacy Leadership Institute March 20-22 from 9:00 a.m. – 2:00 p.m. at the AAA
Office/GM&O Building and the University of South Alabama Faculty Club

APRIL

- ♦ New to Medicare? Monthly Seminar Series starts on Tuesday, April 4 and will be held
the 1st Tuesday of each month from 9:00 a.m. – 12:00 p.m. at the AAA Office/GM&O
Building.
-

Class In Session! Caregiver College: Dementia 101



The Alabama Cares Caregiver College had a full house in January at the Franklin Street Baptist Church. Dementia caregivers learned about the most common forms of the disease and strategies to cope with daily communication and safety challenges. The Just 4 Me coping curriculum featured stress and relaxation techniques, skills for coping with grief and loss, and respite. AARP Alabama Associate State Director/Community Outreach Dorothy Dorton discussed the “Prepare to Care” program, sharing tips on how caregivers can care for themselves. AAA staff presented information on the SHIP Medicare Assistance Program, the Affordable Connectivity Program, Ombudsman support of long-term care facility residents, and Grandfamilies/Older Relative Caregiver support services.



The AAA provides a free Alzheimer's - Dementia Helpline (251-706-4680), the Trualta free and easy interactive eLearning platform to help families manage home care, and support for Grandfamilies/Older Relative Caregivers. Alabama Cares provides services through: information, assistance, counseling, respite care and related supportive services. To learn more, contact Della Sanchez at 251-706-4650 or dellasanchez@sarpc.org.

Utilize Speak Option to Have Items Read Aloud

With Speak Selection, your smart phone can read any text that you select out loud to you. It's useful if text isn't legible on the screen, or you want to listen instead of look at your screen. Basically, this is found in your phone Settings, by enabling speech selection. When you select text on your phone, you'll see a Speak option for reading it out loud. As always, you can reach out to your family's younger generation to assist you in enabling this feature.



TIPS
FOR THE
TIMES



PROGRAM SPOTLIGHT

SHIP Medicare Assistance Program

The challenges for those new to Medicare, or those currently enrolled, can be daunting. Fortunately, Medicare recipients and those becoming eligible have a support system in our community. The State Health

Insurance Assistance Program (SHIP) is funded by the federal government to provide local assistance and unbiased advice to people on Medicare about their insurance options and benefits. These trained professionals are not affiliated with any insurance company. They provide answers to questions on Medicare and your personal Medicare plan:

- ♦ Eligibility for Medicare
- ♦ Medicare plan comparisons
- ♦ Premiums and co-payments
- ♦ Medicaid
- ♦ Medicare prescription drug plans
- ♦ Benefits
- ♦ Billing and claims
- ♦ Fraud, rights and protections

SHIP is also available to do community group presentations.

James Roberson, MHA
Regional SHIP
Coordinator
State Health Insurance
Assistance Program



NEW TO MEDICARE? Attend our Monthly Seminars Series starting on Tuesday, April 4 and held the first Tuesday of each month from 9:00 a.m. – 12:00 p.m. at the AAA Office/GM&O Building. The seminar covers basics, plan choices, and extra help or cost saving information.

Call: 251.706.4680

Email: aginginfo@sarpc.org

Thank You TCE Tax Preparation Volunteers for Saving Us Millions!

The Tax Counseling for the Elderly free tax preparation program of the South Alabama RSVP held its Baldwin County training at PZK Hall in Robertsdale. Thank you to these amazing volunteers who - combined with Escambia County - saved taxpayers more than \$1.8 Million in 2022!



AAA Staff in Your Community

SARPC/AAA Staff attended the State of the Cities meeting in Daphne, hosted by the Eastern Shore Chamber of Commerce. The mayors of Daphne, Fairhope and Spanish Fort updated citizens on recreation, public safety, economic development and quality of life projects. AAA programs also impact quality of life, by allowing older adults and those with disabilities to live with dignity and age in place in the community.



(L-R) Cade Alred (Planner), Nicole Taylor (Community Planning Director) and Christina Boyington (Alabama Cares Caregiver Program).



(L-R) Fairhope Mayor Sherry Sullivan, Daphne Mayor Robin LeJeune and Spanish Fort Mayor Mike McMillan

**Area Agency on Aging:
Dignity & Independence
for the Disabled,
Older Adults & Their
Caregivers**

Our Agency Needs Program Volunteers! Here's Why YOU Should Become an AAA Volunteer

Seniors who volunteer live longer and report better health. Volunteering leads to lower rates of depression and anxiety, especially for people 65 and older. You will experience better mental health by keeping your brain active, reduced loneliness and isolation by engaging with others, an enhanced feeling of purpose, the chance to make new friends, increased physical activity, the opportunity to learn new skills, and a way to redevelop old interests that may have slipped away.

Callers: Combat Social Isolation

We need Seniors who can make quick check-in calls to those who are homebound or isolated. You will be trained by RSVP staff to make light hearted calls to those who just need to make a connection with a friendly caller. Our volunteers report they are really making a difference in the lives of others.



Call: 251.706.4680

Instructors: Matter of Balance (MOB)

Complications from falls is a leading cause of death among older adults! It's easy and fun to volunteer with the MOB program. MOB classes teach older adults how to improve strength and balance. All you need is good communication skills, enthusiasm and the ability to lead moderate level exercise. Help others avoid life-changing falls!



Call: 251.706.4663

REMINDER! SPACE IS LIMITED. REGISTER TODAY.

March 20-22

9:00 a.m. - 2:00 p.m.

OLDER ADULTS! ENGAGE & THRIVE AS VOLUNTEER LEADERS.

Want to volunteer, but aren't sure how to engage? Then enroll in the LLI! The LLI targets retired professionals and baby boomers, and utilizes University of South Alabama faculty and visiting speakers. Learn about aging issues and impactful volunteering. And, connect to community and Area Agency on Aging volunteer opportunities to find your niche. You don't want to miss it! Some of our trained graduates have gone on to: create an Alzheimer's community support group; open a Senior Center; and assist with state-level advocacy efforts. No cost to attend and lunch is provided.

Call: 251.361.0837

Email: Srsvp@sarpc.org

Days 1 & 3:

Introductions & Engagements
Area Agency on Aging
GM&O Building
110 Beauregard Street
Mobile, AL 36602

Day 2:

USA Faculty & Visiting Speakers
USA Faculty Club
6350 Fincher Road
Mobile, AL 36688



Resources for Seniors, Caregivers and the Disabled

The Area Agency on the Aging has a website with online resources for all things that impact Seniors, Caregivers and the Disabled. Visit our Resource Page at:

www.agingsouthalabama.org.



AGING & DISABILITY
RESOURCE CENTER



HEALTH & WELLNESS
CLASSES



HOME & COMMUNITY BASED
SERVICES



STATE HEALTH
INSURANCE PROGRAM



ALABAMA CARES
CAREGIVER SUPPORT



PRESCRIPTION
ASSISTANCE



LONG-TERM CARE
OMBUDSMAN



LEGAL
COUNSELING



SENIOR NUTRITION
CENTERS



SENIORS & SNAP

News...

CDC: COVID VACCINATIONS HAVE SLOWED

Research shows Covid vaccine uptake has slowed among older adults. While 71% received the first recommended booster, only 44% have received the second one, the CDC reports. A study from the Kaiser Family Foundation found that 43% of people 65 and over were “not sure” or responded “no” when asked about a second booster. CDC data shows the new Moderna and Pfizer-BioNTech vaccines target both the original Coronavirus strain and some of the latest Omicron variants. The updated boosters are called bivalent vaccines, meaning two sets of instructions that teach the body to produce antibodies to fight off a coronavirus infection. New boosters can be administered two months after the last dose. The AAA is working with local health departments to provide vaccines and boosters for the homebound. For more information, contact the Aging Hotline at 251.706.4680.



COVID-RELATED INCREASED SNAP BENEFITS EXPIRING IN FEBRUARY

The temporary boost to SNAP benefits put in place during the Covid pandemic, known as emergency allotments, will end nationwide after the February 2023 issuance. In addition, households that receive SNAP and Social Security benefits will see a decrease in their SNAP benefits because of the significant cost of living increase to Social Security benefits that took effect in January. SS/SSI increased 8.7% in 2023. SNAP households looking for additional information on these changes should contact their local SNAP Office.



ALABAMA DEPARTMENT OF SENIOR SERVICES SENIOR HALL OF FAME NOMINATION OPENS MARCH 1

The Alabama Senior Citizens Hall of Fame has honored and recognized Alabamians aged 60 or older for their outstanding contribution to the lives of older members in their local communities since 1983. Those selected as Permanent Members of the Hall of Fame are formally honored and recognized for their selfless advocacy and dedication of service to others at an official ceremony held in Montgomery each year. The 2023 Alabama Senior Citizens Hall of Fame nomination forms will be available March 1.



The Alabama Senior Citizens Hall of Fame also recognizes Alabama seniors who are 100 years or older and couples married 65 years or more.

PROGRAM ANNOUNCEMENTS



UPCOMING EVENTS

LEGACY ²⁰²³ LEADERSHIP INSTITUTE



March 20-22

9:00 a.m. - 2:00 p.m.

No fee to attend. Lunch provided.

Days 1 & 3:

Introductions & Engagements
Area Agency on Aging
GM&O Building
110 Beauregard Street
Mobile, AL 36602

Day 2:

USA Faculty & Visiting Speakers
USA Faculty Club
6350 Fincher Road
Mobile, AL 36688

OLDER ADULTS! ENGAGE & THRIVE AS VOLUNTEER LEADERS.



Our 3-Day Institute

Want to volunteer, but aren't sure how to engage? Then enroll in the LLI! The LLI targets retired professionals and baby boomers, and utilizes University of South Alabama faculty and visiting speakers. Learn about aging issues and impactful volunteering. And, connect to community and Area Agency on Aging volunteer opportunities to find your niche. You don't want to miss it!



Our Graduates

Some of our trained graduates have gone on to: create an Alzheimer's community support group; open a Senior Center; and assist with state-level advocacy efforts.

**CLASS SPACE IS LIMITED.
REGISTRATION REQUIRED.**



ONLINE REGISTRATION
[agingsouthalabama.org/
volunteer](https://agingsouthalabama.org/volunteer)



251.361.0837



Srsvp@sarpc.org



What Is Dementia Friendly Alabama?

Dementia Friendly Alabama (DFA) is an initiative to bring awareness and support to those living with dementia and their care partners in Alabama. We build partnerships to create communities where those living with dementia can live and thrive!

What is a Dementia Friendly Community?

It's much more than simply being kind to those impacted by dementia. In these communities, those living with Alzheimer's and their care partners feel respected, supported, and included in everyday life. They foster the ability of people living with dementia to remain in the community, engage and thrive.



What is the DFA Memory Café?

A relaxed social gathering held free of charge and open to anyone affected by memory loss or related cognitive changes. The experience is designed to make people living with dementia feel comfortable and successful. It's a much-needed break and a chance to have fun for caregivers and care partners!



MEMORY CAFE'

Friday, March 17, 2023

9:30 a.m. – 11:30 a.m.

**Area Agency on Aging/GM&O Building
2nd floor Training Room
110 Beauregard St. Mobile, AL 36636
Snacks and laughter provided.**

LIMITED SEATING. PLEASE REGISTER.

Call: 251.706.4650

Email: dellasanchez@sarpc.org

**Free Craft Activity: Spring into Art!
No experience needed.**

Dementia 101

Caregiver College



Have Lunch While You Learn!

Lunch is provided for all participants. No cost and open to the public. RSVP required.

Tuesday, February 28
8:30 a.m. - 2:30 p.m.

Parkway Senior Center
1600 Boykin Blvd
Mobile, AL 36605

Dementia 101

Learn the basics of the most common forms of dementia. Find out what to expect during different stages of the disease. Learn what caregivers can do to cope with daily challenges, including communication and safety.

Just 4 Me - Coping as a Caregiver

Learn stress and relaxation techniques, skills for coping with grief, loss and depression, and how to take time for yourself. Get tips and ideas for keeping yourself well while caring for a family member or loved one.

Registration Required

Della Sanchez
251-706-4650

dellasanchez@sarpc.org

Reach out if you need help
with care of your loved one
to attend classes.



GRANDPARENTS RAISING GRANDCHILDREN

We Can Help!



The Area Agency on Aging's Grandparents Raising Grandchildren/ Older Relative Caregivers (ORC) program provides needed support for those raising minor children in Mobile, Baldwin and Escambia Counties.

Our Support Groups

Generally meet once per quarter and become a welcome relief from the many responsibilities of caregivers' new roles. We invite in select community resources, provide the opportunity to network, and give you the space to listen to and talk about issues you are facing among a group of your peers.

Our Network Can Help You Access Information and Services

How to obtain legal documents
Legal issues, guardianship & custody
Health, well-being, safety & development
Child care & education
Benefits, including food, medical insurance & other assistance programs
Connections to community support services

Some of the ways we have supported our Grandfamilies:

Held Grandparents Raising Grandchildren Workshops in all three counties, developed a working relationship with the key partners, assisted with legal custody processes, held special holiday donation events, helped local churches plan recognition events, and assisted with securing financial assistance for caregivers.



REACH OUT TO US

Grandparents Raising Grandchildren/ORC
Alabama CARES/SARPC/Area Agency on Aging
Email: vsimpson@sarpc.org
Phone: 251.706.4633



New to Medicare?

So many overwhelming options...
Important financial choices...
Solicitations arriving every day...

We Have the Answers.

FREE Monthly Medicare Educational Seminars

If you are new to Medicare, or turning 65 soon, the State Health Insurance Assistance Program (SHIP) has answers to all of your questions on Medicare basics, plan choices, and cost saving information. SHIP is funded by your tax dollars, provides unbiased information and is not affiliated with any insurance company.

REGISTRATION & INFORMATION

Call: 251.706.4680 or
1.800.243.5463

Email: jroberson@sarpc.org



FIRST SESSION: Tuesday, April 4

9:00 a.m. – 12:00 p.m.
Area Agency on Aging
GM&O Building
1st floor Conference Room
110 Beauregard St.
Mobile, AL 36602

Seminars are held the
first Tuesday of each
month.

This project was supported, in part by grant number 90SAPG0058, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



James Roberson, MHA
Regional SHIP Coordinator
State Health Insurance
Assistance Program



Medicare Questions?



We Have Answers.

Answers to:

- What your Medicare plan includes
- Parts of Medicare you may not understand
- Personal questions regarding your care under your insurance
- Specific numbers to call for help

Information on:

- Medicare Supplement
- Medicare Savings Programs
- Medicaid
- Prescription Drugs
- Plan Comparisons
- Billing & Claims
- Rights & Protections
- Long-Term Care

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MEDICARE TABLE TALK

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Tuesday, February 14

10 a.m. - 12 p.m.

Mt. Zion Baptist Church

1012 Adams Street

Mobile, Alabama 36603

Reservations

Marcella Nettles

mnettl@sarpc.org/251.706.4663



James Roberson
Coordinator
State Health Insurance
Assistance Program

SHIP provides free and unbiased local counseling and assistance.



ALABAMA
SHIP

STATE HEALTH INSURANCE
ASSISTANCE PROGRAM



Medicare Questions?

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Answers to:

- What your Medicare plan includes
- Parts of Medicare you may not understand
- Personal questions regarding your care under your insurance
- Specific numbers to call for help

Information on:

- Medicare Supplement
- Medicare Savings Programs
- Medicaid
- Prescription Drugs
- Plan Comparisons
- Billing & Claims
- Rights & Protections
- Long-Term Care

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MEDICARE TABLE TALK

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Thursday, February 16

10 a.m. - 12 p.m.

Westminster Village

500 Spanish Fort Blvd

Spanish Fort, AL 36527

Reservations

Marcella Nettles

mnettlles@sarpc.org/251.706.4663



James Roberson
Coordinator
State Health Insurance
Assistance Program

SHIP provides free and unbiased local counseling and assistance.



Medicare Questions?



We Have Answers.

Answers to:

- What your Medicare plan includes
- Parts of Medicare you may not understand
- Personal questions regarding your care under your insurance
- Specific numbers to call for help

Information on:

- Medicare Supplement
- Medicare Savings Programs
- Medicaid
- Prescription Drugs
- Plan Comparisons
- Billing & Claims
- Rights & Protections
- Long-Term Care

“

MEDICARE TABLE TALK

”

Tuesday, February 28

1:00 p.m. - 3:00 p.m.

Hope Chapel AME Zion Church

1644 Wolf Ridge Road

Whistler, AL 36612

Reservations

Marcella Nettles

mnettlles@sarpc.org/251.706.4663



James Roberson
Coordinator
State Health Insurance
Assistance Program

SHIP provides free and unbiased local counseling and assistance.



HOMEBOUND?



Are you homebound due to:



Disability



Advanced Age



Bedbound

The Area Agency on Aging is assisting people access boosters through local health departments living in Mobile, Baldwin and Escambia Counties.

CALL: 251.706.4680



*Area Agency on Aging:
Dignity and Independence for
the Disabled, Older Adults &
Their Caregivers*



FREE AND LOW-COST PRESCRIPTIONS

In 2022, 6,500 prescriptions were filled in our region, saving clients \$7.5 Million.



Are you struggling to pay for your medications? Do you need help obtaining your medications? SenioRx is for the disabled (regardless of age) or those 55 and older who have been diagnosed with at least one medical condition that requires a prescription medication. Eligible clients may receive a three-month supply of medication from pharmaceutical companies FREE or at a LOW COST.

Qualifications

- 55 and older with a chronic medical condition, no prescription drug insurance coverage and meet certain income limits
- Deemed disabled (any age) by Social Security, have applied for disability, and are awaiting a decision, have a doctor's declaration of disability, or in the 24-month Medicare waiting period
- Have Medicare and reached your Medicare Part D coverage gap (donut hole)

Call Now: 251.706.4680





JOIN ONE MILLION OLDER ADULTS WHO HAVE CONNECTED TO INFLATION FIGHTING PROGRAMS!

Inflation is creating hardships for older Alabamians. Every day, the cost of groceries, gasoline, prescription drugs, medical care and cable continues to rise. But, there are programs for lower income older adults that can potentially add **\$5,000** back into your wallet.

◀ **Lower Your Monthly Food Bill.** Let us sign you up for SNAP to receive a debit card for tax free groceries. It's private and easy to apply with the Alabama Elderly Simplified Application. Benefits average \$104 a month. And, once you are enrolled, you also qualify for the Affordable Connectivity Program with fast on-line approval.

◀ **Lower Your Cost to Connect.** The **Affordable Connectivity Program** (ACP) can provide low cost wifi and internet services, smart phones or internet connected tablets. Cut your cord, stream your favorite television programs and save \$2,600 or more!

◀ **Lower Your Medical Expenses.** Medicare Savings Programs save the average older adult \$2,040 in Medicare Part B premiums and/or copays and deductibles. Alabama's SeniorRx can help you obtain free or very low cost prescription medicines.

MAKE ONE CALL AND YOU MAY QUALIFY FOR THEM ALL

251.706.4680

**The Area Agency on Aging is your trusted local
advocate to help you fight inflation and save money.**

